

The First Tee Skill Level Progression

| Life Skill Level | Target | PLAYer 3 | PLAYer 6 | PLAYer 9 | PAR | BIRDIE | EAGLE | Ace |
|--|--|---|---|---|---|---|---|---|
| Age Requirement | 5 & 6 | 7 & 8 | 7,8,& 9 | 9 & Up | 9 & Up | 10 & Up | 12 & Up | 14 & Up |
| Skill Level Curriculum | Provides fun and safe environment that creates curiosity about the game of golf with the focus on playing games | Introduces the 9 Core Values. Focusing on: (1)Welcome & Showing RESPECT (2) COURTESY Toward Others (3) RESPONSIBILITY for the Course | Introduces: (1) The HONESTY of PLAYers (2) Modeling SPORTSMANSHIP (3) Developing CONFIDENCE Reinforcing previous core values. | Introduces: (1) Using Good JUDGEMENT (2) Playing with PERSEVERANCE (3) Living with INTEGRITY Reinforcing previous core values and demonstrate behaviors reflective of the 9 Core Values before completing PLAYer Level. | Emphasizes developing interpersonal skills such as meeting and greeting, finding their "Personal Par". | Birdie focuses exclusively on goal setting and how to go about achieving both long term and short term goals. | Eagle focuses on wellness and health for the mind and body as well as conflict resolution, diversity, and explores the various jobs in the golf industry. | Ace focuses on personal planning, reinforces interpersonal communication, self-management, goal-setting, self-coaching, and resistance skills. Ace encourages giving back to the community and the pursuit of higher educational opportunities. |
| Minimum # of Sessions | One, 7-Week Session | One, 7-Week Session | One, 7-Week Session | Two, 7-Week Sessions | Two, 7-Week Sessions | Three, 7-Week Sessions | Three, 7-Week Sessions | No Session Needed |
| Minimum # of Practice Hours/ Skill Level Requirements | No practice required for skill level. However, it is recommended to start practicing so that participant is prepared/ready for the PLAYer skill level. | 3 hours of practice each 7- week session. *It's the participant's responsibility to maintain practice hour log and have in golf bag at all times* | 6 hours of practice each 7-week session. *It's the participant's responsibility to maintain practice hour log and have in golf bag at all times* | 9 hours of practice each 7- week session. *It's the participant's responsibility to maintain practice hour log and have in golf bag at all times* | 10 hours of practice each 7-week session. *It's the participant's responsibility to maintain practice hour log and have in golf bag at all times* | 14 hours of practice each 7- week session. *It's the participant's responsibility to maintain practice hour log and have in golf bag at all times* | 21 hours of practice each 7- week session. *It's the participant's responsibility to maintain practice hour log and have in golf bag at all times* | Prepare projects that focus on: golf, giving, careers, and education. Project 1: Enjoy Golf for Life Project 2: Plan for Life & Career Possibilities Project 3: Give Back to Community Project 4: Explore Educational Opportunities |
| Playing Requirements (on course) | | | | One, 9-Hole Round (under 60) at Mosholu Golf Course from the Red Tees or Similar Yardage (2,000) at a Regulation Golf Course. Must turn signed scorecard to TFT Office. | Five, 9-Hole Round (all under 55) at Mosholu Golf Course from the Red Tees or Similar Yardage (2,000) at a Regulation Golf Course. Last round must be supervised by TFT coach. Must turn signed scorecards to TFT Office. | Ten, 9-Hole Rounds (all under 45) at Mosholu Golf Course from the Red Tees or Similar Yardage (2,000) at a Regulation Golf Course. Last round must be supervised by TFT coach. Must turn signed scorecards to TFT Office. | Ten,18-Hole Rounds (all under 85) at Mosholu Golf Course from the Red Tees or Similar Yardage (4,000) at a Regulation Golf Course. Last round must be supervised by TFT coach. Must turn signed scorecards to TFT Office. | Complete the following from the 4 projects: -Golf Skill Assessment sheets -On-Course Assessments -Weekly Practice Log |
| Putting Skills | | 9-Holes Ability to play a 9-Hole putting course in a "fast, safe, & courteous" manner. | 9-Holes Ability to play a 9-Hole putting course in a "fast, safe, & courteous" manner. | 9-Holes Max Score of 26 | 9-Holes Max Score of 23 | 9-Holes Max Score of 19 | 9-Holes Max Score of 18 | Complete Putting Skill Assessment:6ft,15ft,25ft, & over 40ft. Complete Putting Playing Assessment: 18 hole Putting Course – various distances |
| Short Game Skills | | | | | 3-Holes Max Score of 12 | 3-Holes Max Score of 10 | 3-Holes Max Score of 8 | Complete Chipping, Pitching, and Bunker Skill Assessment. |
| Full Swing (greens) | | | | | | Must hit 3 out of 6 Min distance: 75-100 yards to middle of green | Must hit 3 out of 6 Min distance: 75-100 yards to middle of green | Complete Full Swing Skill Assessment. |
| Life Skills Knowledge | | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | |
| Golf Knowledge | | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | Must pass written assessment w/ min 80% | |
| Simulated Course | Play two simulated holes | | | | | | | |